**Pass the Artichoke**

**Space Requirements:** Full Room for chairs in a circle

**Equipment/Supplies Requirements:** Flip chart paper, markers, chairs enough for everyone, 5 balls (or objects easy to pass around)

**Group Size:** 5-50

**Accessibility:** If anyone in the group can’t pass a ball have them work in pairs—one passing and one remembering

**Program Goals:** Learning about labels

**Program Description:**

**Preparation:** Have participants sit in a circle. Ask for 5 nouns (called out by the youth) and write them on the flip chart paper.

**Instructions:** Hold up a ball and say “This is not a red (or whatever color) ball. This is a (insert noun here, artichoke, for example). The youth will pass the ball around in a circle, telling the person they are passing it to, what it is “This is an artichoke”. Then pick up the next ball. Say: “this is not a blue ball, This is a\_\_\_\_\_\_”. Continue until all five balls have been represented and introduced by their corresponding nouns. Tell the group that in a while (usually 1 or 2 mins) you’ll say “SWITCH!” and they switch the direction the ball is going, while still remembering to pass and say what it is. Then after another minute, say STOP! Then tell them they can continue passing the ball around but say what it actually is “this is a red ball”. Once all balls get back to the group leader, take them away.

**Wrap Up:** Discussion time! Ask the group: Have you ever wanted just to be a blue ball and not an artichoke? Talk about labels. People give us labels all the time. When we have a disability, they give us those labels. When we leave high school, WE get to decide whether we share those labels with others or not. If we have visible or invisible disabilities, that decision to share changes. Discussion on labels and what it means to each young person.